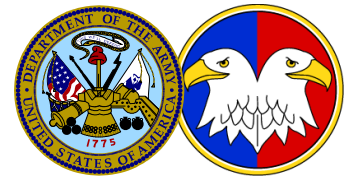




# Emotional Cycle of Support

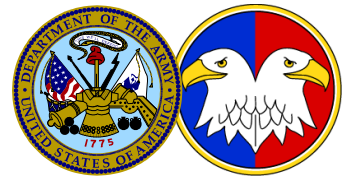


## Objectives

- **Review the Stages of Deployment**
- **Identify the Emotional and Behavioral Reactions**
- **Introduce Positive Coping Strategies**
- **Identify Resources for Help**



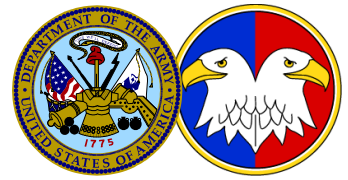
# Stages Of Deployment



- 1. Steady State (Peacetime) “Normal Life”**
- 2. Pre-deployment (Varies) Anticipation of Loss**
- 3. Deployment (1st Month) Emotional Changes**
- 4. Sustainment (Months 2 Thru ?) Stabilization**
- 5. Re-deployment (Last Month) Anticipation of Reunion**
- 6. Post-deployment (3-6 Months After Re-deployment) Readjusting to Home/Family/Community**



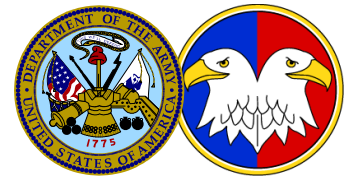
# Behavioral Reactions



- **Wide Range of Emotions**
- **Anger/Shock/Sadness**
- **Irritability/Sleeplessness**
- **Self-Growth Period**



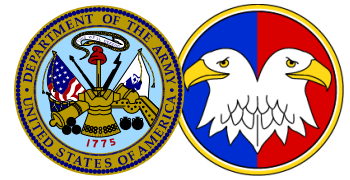
# Children's Responses



- **Age-Related**
- **Changes in a Child's Behavior:**  
**Positive or Negative**
- **Inform School & Teachers, Coaches, Church,  
Child Care Providers and Health Care Providers**
- **Be Aware, Emotional Changes WILL Occur**



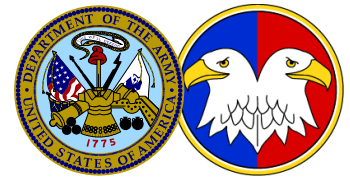
# Positive Coping Responses



- **Communicate, Communicate, Communicate**
- **Discuss in Detail Your Expectations of Each Other During This Phase**
- **Emotional and Behavioral Reactions Are Normal**
- **Work Together As a “Team”**



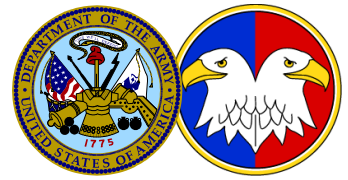
# Positive Coping Strategies



- **Communicate, Communicate, Communicate**
- **Focus on Present**
- **Maintain Established Routines**
- **Keep Expectations Realistic**
- **Continue to Take Care of Yourself**
- **Attend Homecoming Briefings**



# Resources



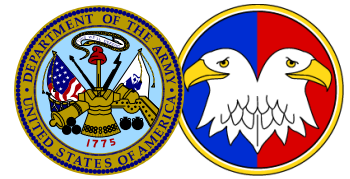
- **Family members and Friends**
- **Family Readiness Group or Chaplain**
- **Community Resources**

**Military OneSource at 1-800-342-9647**

**[www.militaryonesource.com](http://www.militaryonesource.com)**



# Troop & Family Counseling



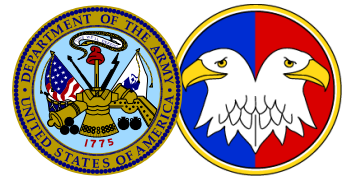
Troop & Family Counseling Services  
for National Guard and Reserves

1-888-755-9355

Identify providers by zip code, authorize and  
submit papers for direct pay to provider.

NOT TRICARE or MOS





- There may be many challenges to overcome during all stages of Deployment/ Redeployment.
- Establish and maintain a support system helps Soldiers and Families cope.
- Change will happen.
- Most Soldiers and Families overcome these challenges successfully.